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Volume 5, Number 50 PUBLISHED WEEKLY IN TACOMA, WASH. 1019 South 12th St. 627-5597 December 10, 1975

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editor & publisher
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THE FACTS

Right On...

FROM THE

PUBLISHER'S PEN

I SHALL PASS THIS WAY BUT ONCE THEREFORE ANY GOOD THAT I CAN DO OR ANY KINDNESS THAT I CAN SHOW LET ME DO IT NOW FOR I SHALL NOT PASS THIS WAY AGAIN.

Oooooowee! Junior's Doing His Thang In 'Friday Foster' Flick

NICE WORK IF YOU CAN GET IT -- Ted Lange, "Junior" on the popular "That's My Mama" television series, is obviously enjoying his motion-picture feature role debut in American International's intrigue-action film, "Friday Foster." The film, starring Pam Grier in the title role, depicts Lange as "Fancy", a top-drawer New York player, constantly surrounded by his stable of beautiful girls and is slated for nation-wide Christmas opening. How'd you like to find all that in your Christmas stocking?

As the jive-talking, hip-walking "junior" in the popular "That's My Mama" television series, young actor Ted Lange has endeared himself to millions of viewers. Now, in keeping with his swinger image, he has been cast in the role of Fancy, a top-drawer pimp, in American International Pictures intrigue-action drama, "Friday Foster."

In the film, he is surrounded with a stable of beauties; any one of which could be a dream come true. But he manages to spend his time in futile romantic pursuit of Pam Grier in the title role -- not bad duty either, when you come to think about it. In any event, being in close contact with so much pulchritude is a pretty good way to deal with one's first feature role in films. Of course, being a member of an internationally famous cast isn't going to hurt him either.

His fellow cast members include Pam's co-star Yaphet Kotto, a star in his own right; famed comedian Godfrey Cambridge; celebrated entertainer Eartha Kitt and a young man who is fast becoming one of Hollywood's busiest, Thalmus Rasulala. All together, they make an entertainment package which would enhance any film.

Ted Lange is a capable young actor who has paid many dues in providing himself with an extensive training program for his chosen profession. A serious student of Shakespearean drama and an habitue of workshops all over California, he insisted on playing many diversified roles. However, it took an inane line like "oooooweee" and an exaggerated posture of a hip character to capture the public imagination.

His role in "Friday Foster" is a sort of sophisticated extension of his television character but it is one which will hopefully lead to bigger and better things for the deserving, dedicated Lange.

Holiday Hints From Tacoma Police Department

SHOPPERS BEWARE!

Tacoma area shoppers were given advance warning today from Chief of Police Lyle E. Smith. The warning pertained to certain holiday crimes which will begin taking an upswing during the final month of the year.

"There is always an increase in residential burglaries during December," Smith explained. "Some burglars are seeking items to sell for cash to buy presents, while others will simply steal a present and then turn around and give it to someone else."

The Chief pointed out that home owners actually invite burglaries in many instances by placing gaily wrapped packages underneath a tree in plain view from an adjacent window. "This is asking for trouble," he added. "You have just advertised that you have purchased presents already and then placed them within easy reach for anyone who passes."

Smith said shoppers would be wise to keep packages well hidden until Christmas Eve or Day. By keeping them out of sight, many would-be burglars will move on and take advantage of someone who is less careful about showing what has already been purchased.

"It is actually breaking with tradition by keeping the packages hidden, but in today's society, this is by far the best policy as it does discourage theft," the Chief concluded.

PARKING LOT PILFERAGE

Shoppers were reminded of a serious problem which always increases during pre-Christmas shopping rush....larceny from a vehicle. Chief of Police Lyle E. Smith said many shoppers will buy their presents, return to their parked vehicles and place the packages inside the car before going on about their shopping chores.

"Any would-be car prowler can sit back and watch someone carry an armload of packages to the car and then break into that car as soon as the shopper returns to the stores for more," Smith explained.

"This is an ever-increasing problem and one which has a relatively simple solution; simply place the packages in the trunk where they are out of sight."

The Chief said this afforded greater security to shoppers who had to return for more gifts. However, he was quick to point out that packages should not be left in the trunk for too long a period of time.

"Unfortunately, many thieves realize people tend to store packages in the trunks overnight or often for several days. As a result, the good thief will follow a shopper home to see if that person removes the packages--and if not, strike as soon as it is obvious the resident is not coming back outside," he added.

The Police Department hopes a word of warning will provide greater security and less car prowling this holiday shopping season. "Even with increased patrols, it's a hard crime to prevent, without citizen assistance."

Black Officers of Seattle Police Department File Discrimination Charge Against Mayor and Police Chief

It was brought to the attention of THE FACTS that charges of discrimination against the City of Seattle have been filed by black officers of the Seattle Police Department.

Russell Proctor, a spokesman for the 20 black officers named in the class-action suit said the suit charges discrimination in hiring, promotion, job assignments and appointments within the police department.

The suit was filed by the group's attorney Gary D. Gayton with Robert Jeffery, regional director of the Equal Employment Opportunity Commission.

"We (the black officers) are alleging that the City of Seattle represented by Mayor Uhlman and Chief Robert Hanson are continuing to engage in discriminatory practices," Proctor said.

"The allocations constitute race discrimination as they are labor practices made unlawful under Title Seven of the Civil Rights Act of 1964 as amended," he said.

Proctor, who is also president of a newly organized Black Law Enforcement Association of the State of Washington, said there are presently 22 black officers among the police department's sworn force of 1,087.

All 22 officers are assigned to the department's patrol division, he said.

"We have made requests to be transfered to other sections," Proctor said, "but the primary explanation we have received for denial being turned down was that blacks in the community like to see black officers on the streets," he said.

Proctor said the highest-ranking black officer presently on the force is a sergeant, who was promoted to that position earlier this year after about 15 years service on the force. That was the first promotion of a black officer on the force in five years, Proctor said.

"The main thing we want is equal representation," Proctor said. "Department statistics claim that 16 per cent of the city's population is black. So we say that 16 per cent of the force should be black officers.

"We're tired of being used as token employes for show-and-tell," he said.

"There are qualified blacks on the staff," Proctor said, "but the Chief is not recognizing them."

U.W. Plans Moves On Affirmative Action

It was announced today by the President of the University of Washington, Dr. John Hogness, and the Regional Director of the Department of Health, Education, and Welfare, Bernard E. Kelly, that agreement has been reached on a plan of action to resolve outstanding problems related to the University's Affirmative Action Program. Under the agreement, the University will provide HEW with the final elements of its plan to improve employment opportunities for minorities and women by January 15, 1976.

It was also agreed that HEW officials will work closely with the University as they address specific employment problem areas. By January 30, 1976, the University will submit to HEW a written summary of actions to be taken to correct any existing inequities.

"Today's agreement forestalls the necessity for immediate enforcement action by HEW and we believe the additional time will result in a quicker and better solution," Kelly said.

Dr. Hogness stated, "I believe we are all very pleased with the results of our meeting and I am very hopeful that the issues involved will be resolved to the satisfaction of both sides."

Tacoma Bowler Breaks 600

Mr. Hardy Crisp bowled his first 600 series on December 1, 1975 at the New Frontier Lanes. He bowled three good games, 181-223-210, for a grand total of 614.

Look to see more 600 games from Mr. Crisp who has also bowled on the Walker Exxon team in Bakley League.

THE "IDEAL GIFT"

There is always someone who has everything. Yet you still want to buy a Christmas present that is useful. The Tacoma Police Department's Crime Prevention Unit has the answer; buy an electric engraving tool.

These inexpensive engraving tools may be used to permanently mark a person's driver's license number on valuable personal possessions. Chief of Police Lyle E. Smith said the engravers cost anywhere from $5 to $25 and certainly afford a useful gift which is different.

"The CPU officers stress making valuable personal possessions with your driver's license. This is one number which can be traced wherever you move within the state. The engraver is easy to use and we have found that items which are engraved with identification numbers are not readily sold by a thief, therefore they are not usually taken during a burglary," the Chief explained.

The police department, in cooperation with libraries throughout the city, loans engravers free of charge from either the Crime Prevention Unit or a branch library. However, the convenience of having an engraver handy at all times increases its use and keeps any new purchases marked for safekeeping.

"Considering the minimal investment versus the amount of prevention these engravers can afford in event of a burglary, I'd consider them an extremely wise and useful Christmas gift for anyone," the Chief added.

THE PENTAGON Vs. THE PEOPLE

The current debate over what to do about this nation's economy resembles a football game and unfortunately most Americans are being asked to pick sides.

There's the defense team with its stalwart coach ex-Secretary Schlesinger that speaks for a stronger defense budget to preserve world peace. The premise being that only the militarily strong will survive and that a necessary prerequisite for the continued Soviet American detente is more arms and a larger budget for this country's defense department. Ships, munitions, planes, etc...and an ominous and ever increasing stockpile of nuclear weapons.

The other side of this football field is occupied by those that recognize a premise also, namely that increased defense spending means less money for social programs; less for the poor; less for minorities and a dismantling of present social and welfare programs.

In most instances in Washington, the same parallels hold true. The liberals versus the conservatives and in some instances the debate crosses traditional Democratic and Republican party lines.

Generally, those that preach welfare reform and sound fiscal planning are also supporters of a larger pentagon budget and usually bespeak most of the conservative idioms.

The converse is ture, in that, most so-called liberal leaders decry mismanagement of previous pentagon monies and advocate more programs and federal spending for the large numbers of Americans who are unemployed and hungry.

So, it's the traditional "guns or butter" conflict.

What's so sad about all of this--is that a Congress so divided doesn't function and a nation so divided lays stagnant.

Meanwhile the American dollar continues to slip abroad, and other nations, perceptive of our internal woes and social failures, see America divided and weakened.

It would seem the greatest threat to our security is not too little arms, but rather the ever increasing divisions caused by this country's refusal and failure to take care of its own.

A Locked-Out Generation

by William Lucy

EDITOR'S NOTE: Mr. William Lucy is Secretary-Treasurer of the American Federation of State, County and Municipal Employees and President of the Coalition of Black Trade Unionists. This column is adapted from an article by Mr. Lucy in the Fall, 1975, issue of Freedomways.

The news media didn't think it was much of a story recently when the Coalition of Black Trade Unionists, the National Urban League, the NAACP, and the Congressional Black Caucus held hearings on the disastrous impact of the recession on equal employment opportunity programs.

But there was a simple "news peg" for the press: Our organizations were battling for the future of a generation of Black youth.

These next few years may determine the future of a new generation of Black Americans, and, if the nation's business and political leaders have their way, this new generation will be locked out of the promise of American life.

President Ford, in his January report to Congress, admits that administration policies will produce 8 percent unemployment this year, declining to 7.8 percent next year, and 7.5 percent in 1977. Meanwhile, the Congressional Democrats (in the House Budget Committee) recommended a 7.4 percent unemployment rate.

Either the Democratic or Republican plan for massive unemployment means that young people, and especially Black young people, will be shut out of the job market. The arch-conservative, business oriented Fortune magazine predicts, in an article endorsing these heartless policies:

"The already grim recession among young Blacks will become grimmer still, and the overall position of Blacks in the society may very well deteriorate."

Fortune's predictions are already reality. Among minority youth aged 16 to 19, some 400,000 could not find jobs last May. But, as Bernard Anderson of the Wharton School of Finance has pointed out, the job situation is so bleak that hundreds of thousands of Black youth have simply stopped looking for work and, therefore, are not counted in the official tally of the unemployed. Were only one-half of these discouraged workers included in the count, the unemployment rate for Black youth would jump to some 60 percent.

In one's early 20's, a person begins to learn a skill, start a career, and possibly form a family or buy a home. But if the nation accepts the President's plan for a depression decade, half a generation of Black youth will reach their mid-20's without ever having held a secure and productive job.

If the national economy were functioning at what is now considered "full employment" -- say, 4 or 5 percent joblessness -- conditions would doubtless be better for Black youth. But an expansionary economy such as prevailed during the 1960's would not eliminate the structural racism in the educational system and job market which tracks minority youth into the least desirable jobs or onto the unemployment lines and the city streets.

In industries from construction to higher education, the solution to the historic condition of discrimination by race or sex resides in firm enforcement of Title VII of the Civil Rights Act of 1964. Employers have the positive duty to eliminate the effects of years of discrimination and not to hide behind phony "merit systems" which conceal the nepotism of the building trades or the old-boy networks of the universities.

Tragically, the other federal programs that would foster job opportunities for Black youth have also been curtailed. Head Start and direct school aid to impoverished districts afforded Black youngsters a semblance of the educational opportunities enjoyed by youngsters in affluent communities. During the Nixon-Ford Administration, the Office of Management and Budget, staffed by the most insensitive reactionaries, has cut back the Manpower Program which had created job and training opportunities for minority workers during the Great Society years.

Examining the workings of the federal government, the educational system and private industry, a Black youngster might be justified in feeling there is a conspiracy to shut him out of the job opportunities. And this tragedy will continue until, by promoting economic growth and specific programs for job creation and job training, the government becomes an agent of social inclusion, rather than a partner in exclusion.

Something To Think About

by Barbara Henderson

People's feelings can easily be hurt by the way others are constantly playing games with their minds and feelings.

A "game" is a way of manipulating human emotions. Often you hear of people taking advantage of others. As to why I believe it is because of a fear of committment. I am speaking of relationships between men and women.

Running a game on someone gives you a feeling of power, supposedly. But the very fact that it is a "game" helps you avoid commitment. You are not willing to have a true relationship. Face it. You are scared of committing yourself to that other person.

A sincere relationship should have mutual good feelings between partners. The only thing I can say about someone who is afraid of love is that they are afraid of God -- God is Love.

Intimacy requires that surrender, that faith you have in people. "Games" keep people from getting too close. They are not for me. I'm not afraid of intimacy.

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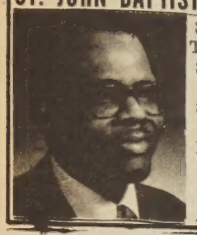

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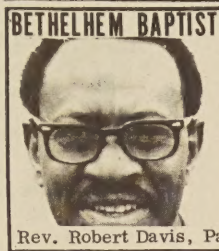

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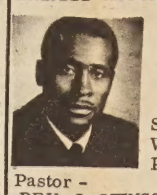

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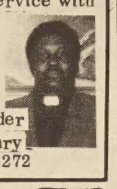

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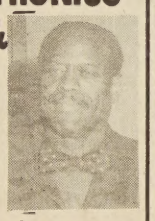

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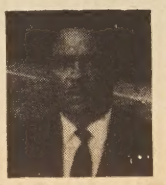

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Church News

The Bethune Women's Christian Temperance Union is presenting a Christmas youth program at City Association Clubhouse on Yakima Avenue South. Sunday, December 14th from 3:00 to 5:00 p.m.

Mrs. Ralph J. Brown, President of Pierce County W.C.T.U., will be issuing the call to youth.

Bethune W.C.T.U. president, Mrs. Florence Motley; publicity chairman is Mrs. Louise Turner.

Johnny Can't Read Nor Do Math - Who Is To Blame?

An Analysis by Rossie Norris

As a taxpayer and a Black Citizen of Seattle, I was immensely disturbed over recent articles appearing in the Seattle Times that dealt with a large number of kids in our public schools who are low achievers in Math and Reading skills. I was even more distressed to discover that the bulk of these students live in my community! (Central District, Beacon Hill, and Rainier Valley). My immediate response upon reading the articles was to question the validity of the tool or tools used to measure these students' ability and being the paranoid person that I am regarding testing and particularly testing of Black kids with culturally biased tests, I became super skeptical. However, upon re-reading the articles I found that the testing tool used was the Metropolitan Achievement Test, a test with which I am quite familiar and in fact one I have administered a few times myself in my previous job as a Counselor with the State. Once I recalled the test, I remembered it as a very basic Reading and Math type test which is broken down by Elementary and Intermediate grade levels. This implies that any student, regardless of race should be able to handle the test as long as it is within his grade level ability. Once my memory had served its purpose regarding the test, I found myself feeling very bewildered for no longer did I have the momentary security of being able to "blame it on the test". My next question then became who or what is to blame? Teachers? Parents? Principals? Central Area School Council? Superintendent of Public Schools? Counselors? School Administrators? Central Area Residents? The MAN? As you can tell, a lot of people in a myriad of positions crossed my mind and it was very easy for a fleeting moment to cast all the blame upon Parents and Teachers. However, that seemed just a bit too simplistic a view to me after giving it more thought. No, instead I decided it was probably all of these people's fault in some way or another with one being in some way just as guilty as the next (myself included). Whether the crime was one of Commission or Omission, it is a crime none the less and in this day and time for a student to not be able to read, write and count is indeed criminal and needless to say, that student is in fact the victim.

Once I decided that all of us were at fault, I began pondering how could so many people go wrong? I wondered if the Teachers were doing the job they were being paid to do and if so, why were students having problems retaining through Junior High School what they supposedly learned in Elementary School? And how in the world could a student graduate from High School without being able to read and write much above a third grade level! And, why weren't the parents raising hell? Or were they? And most of all, what were the parents doing in the homes? Were they encouraging their kids to do their homework? Or even caring whether they brought any home or not? Were they going to P.T.A. meetings? Or could they afford to buy books to stimulate their children's minds or for that matter, could they even read themselves? And the Principals, how could they settle for such a disgraceful blemish to appear on their records as administrators? Or was it that they expected no better since most of the kids who were branded as low achievers were Black? And the Central Area School Council, what was it doing all this time? Were they asking any questions or seeking any solutions? Or did they even know such a problem existed? Did Troxell know such a problem existed and that such a large segment of his school territory was perpetuating substandard education for its students? Did he care? And all those Assistant to the Assistant folk and etc., did they know? And what about the Counselors? Don't they get the students' grade sheets? Can't they spot when a student is having problems in a certain area and perhaps counsel that student as to ways to improve? Or is it possible to expect that much individual attention in light of the fact that there may be 200+ students on one Counselor's caseload? Or is the real attention being given to those students who are already doing well, those who have college potential? And us residents of the Central District, those so called "educated" ones of us, what are we doing? Anything? Or are we smug in the knowledge that our kids do well in school because we can afford to buy those books and games that stimulate their minds? Or perhaps send them to private schools thus avoiding the issue completely and not caring one iota about those kids that can't afford to go. Ah, and The Man, let's not leave him out with his institutional racism and his denial of jobs to those Central Area residents which causes some of us to not be in a socio-economic status whereby we can afford such niceties as books but must concern outselves with the more mundane things instead like food, clothing, and shelter. But can we place all the blame on him even? Or is it naive of us to expect any better from him based on what history has taught us?

Granted, now I have bombasted everybody singling none out in particular while charging everyone in general from parents to "the man" but the problem still continues to loom as large as ever. This says to me then that expounding upon where the blame ought to be placed does nothing toward addressing a solution to the problem. However, it should make us all uncomfortable enough to begin thinking along the lines of what we each can do about it.

It is one thing to talk about Blackness and it is another to move toward acting out brotherhood, love and concern for our fellow man, in this case, our young. It is one thing to blame Racism for all of our problems and to become helpless and apathetic in the face of a challenge, however, it is quite another to pick up the baton and run with it until the race is won. It is one thing to deny reality and say "it ain't my problem" and it is quite another to admit that it is all of our problem and that as long as one child is being crippled for life by being put out into the world without the tools he needs to survive with, we do, in fact, have a problem - a king-sized one at that. For you see, there is no hope for a people who are ignorant and there can be no revolution where there is no knowledge.

I for one have decided to pick up the baton and run the race to help eradicate the perpetuation of low achievement in our Central Area Schools but needless to say I cannot run the race by myself. It will take all of us. Let's join together like a relay team. After all, it is for our children - our tomorrow.

(NEXT WEEK: A look at what happens to a student who can't read when he attempts to go beyond High School or tries to get a job AND some possible solutions.)

Share Your Christmas By Helping Others

ACTIVOS MEXICANOS ANNUAL CHRISTMAS PROGRAM

Activos Mexicanos, a non-profit service center, is sponsoring their annual Christmas program. We are in need of clothing, food, toys and money so that they can be redistributed to the less fortunate Chicano-Latino families in the Seattle King County area. Last year we were able to aid three hundred families by providing necessities and gifts. Without these contributions many families and children would be unable to partake in the celebration of Christmas. Donations are tax deductible and can be picked up by the agency. Help us to help the less fortunate by contributing your donations. For further information call Activos Mexicanos at 624-3662 and ask for Christmas program information.

Merry Christmas and many thanks!

****

Activos Mexicanos, una agencia sin fines lucrativos, se encuentra organizando un projecto navideno. Necesitanos vestuario (rope), comida comida, juguetes, y dinero para ser redestribuidos a familias menos afortunadas de origen Chicano-Latino en la area del condado de King. El año pasado apoyamos a trescientas familias en forma de regalos y otras comodidades. Sin estas contriouciones muchas familias y ninos no podran ser felices en los dias de pascuas. Donaciones son deducibles de impuestas y pueden ser levantadas por nuestra agencia. Por favor ayudenos a ayudar a aquellas familias que tanto necesitan ayuda. Para mas informacion llame a Activos Mexicanos, 624-3663 y pregunte por el programa de Christmas.

Feliz Navidad y Muchisimas Gracias!

Our Power

ENCOURAGING NEWS ABOUT OUR ENERGY SUPPLY

By W. Donham Crawford President, Edison Electric Institute & Chairman of the Federal Energy Administration's Electric Utilities Advisory Committee

Q. Why is nuclear power a necessity?

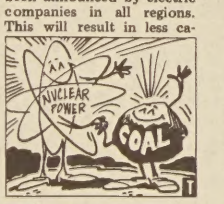
A. The principal application of nuclear technology is in the generation of electric power. Electricity made from nuclear fuel is an energy form that can substitute for fuels in short supply (especially oil and natural gas) in such applications as mass transit, home heating and industrial processes. Hence, if the United States is to achieve the goal of energy independence and make the wisest use of limited resources, nuclear power must play an essential part in the supply of electric power.

Today, electricity production requires about 27 percent of total energy used in the United States. By 1985, that figure is expected to rise to 35 percent, and by the end of the century to at least 50 percent as electricity replaces other energy forms for an increasing number of purposes.

Toward the end of the century, other technologies for the generation of electricity may become practical on a commercial scale. Such possibilities as fusion, solar and geothermal energy are being actively explored and researched at this time. But it will be decades before the magnitude of their potential contribution to electric energy can be realistically determined.

In the meantime, our principal reliance must be on nuclear power and on coal, our most plentiful fossil fuel resource.

Surprisingly, postponements and cancellations in new generating units have been announced by electric companies in all regions. This will result in less capacity to generate electricity for the nation as a whole by 1984 than was predicted just one year ago. About two-thirds of these postponements and cancellations are in nuclear power plants.



Actually, the lack of ability to finance new construction was a major factor in many of the decisions for postponements and cancellations.

This lack of sufficient financial resources, if not remedied in the immediate future, could result in further postponements and cancellations and, thus, a more serious threat to the reliability and adequacy of the nation's power supply.

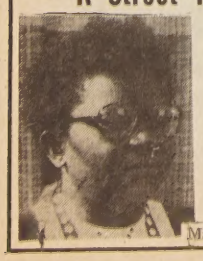
Whenever we flick on our light switch, less than an eyeblink later, the light goes on. To keep electric power as reliable as it has always been, utility companies feel that a national energy policy is needed to help meet increasing electrical demand, and to keep America's economy moving forward.

DO YOU HAVE A QUESTION ON ENERGY? Write to: Edison Electric Institute, 90 Park Avenue, New York, N.Y. 10016.

NEWS

Journal is from the Latin *diurnalis:* a day, and refers to a daily occurrence, such as the daily paper.

K Street Produce Market



Specials Daily
Very Fair Prices
All Greens 20¢ bunch
Providing You with the finest fresh fruit nd vegetables daily.
Managed by Rebecca Gibbs.

To Be Equal

A Setback For The U.N.

By Vernon E. Jordan, Jr.

When the UN General Assembly passed the resolution declaring that "Zionism is a form of racism and racial discrimination," I thought back to the historic day in 1936 that Haile Selassie went before the old League of Nations to ask for help in saving Ethiopia from Italian invasion.

The League of Nations refused to stand up to protect the integrity of small countries then. It rejected Ethiopia's plea and this sealed its own death warrant, for it became irrelevant, a pawn in the hands of the Axis powers out to dominate the world.

I fear that by passing this obscene resolution the UN may be taking the same path of weakening its own integrity and becoming irrelevant to a world in need of international leadership and reconciliation.

Smearing the "racist" label on Zionism is an insult to intelligence. Black people, who recognize code words since we've been victimized by code words like "forced busing," "law and order," and others, can easily smell out the fact that "Zionism" in this context is a code word for anti-Semitism.

Zionism is the national liberation movement of the Jewish people, a movement that overthrew British colonialism and articulates the national aspirations of the Jewish people. Its drive for national independence was one of the models for African independence movements. Is the General Assembly majority saying that national self-determination is for everyone except Jews?

Proponents of the resolution insisted on defining racism as not only color discrimination but also ethnic and national origin discrimination. By that standard most of the states voting to comdemn Zionism are themselves racist.

The Arab states that rammed the resolution through are among the countries most guilty of discrimination. Many are guilty of persecuting their own minorities, be they Copts, Kurds, or Jews. In fact, most Israeli Jews are dark-skinned people who fled oppression in Arab lands and the handful that remain there are forced into grim ghettos where they are ruled by terror.

In the Sudan, blacks were victimized by northern Arabs who killed many in a brutal civil war. Elsewhere black Africans face discrimination in Arab states, despite propaganda to the contrary.

And the odd partners that made up the General Assembly majority included the soviet bloc led by a Russia that persistently discriminates along ethnic lines, and countries like Brazil, a brutal military dictatorship currently engaged in destroying Amazon Indian communities.

The common denominator seems to be a cynical hypocrisy that is morally offensive. Perhaps the biggest reason for many states' vote was fear of Arab oil power and also the promise of aid from the oil-rich Arabs. While many African countries stood firm against these pressures, others succumbed.

From the African viewpoint, that was a mistake. Earlier Arab promises of aid have been broken and I suspect new ones will be too. More important, the struggle against racism is crucial and by turning the definition of racism upside down and diluting it with lies the real struggle becomes severely compromised.

It is also the interest of smaller nations that the UN remain a viable force in the world. To the degree that this evil resolution harms the UN's credibilty and reduces its influence, the cause of the smaller, less developed nations in harmed too.

Because of the General Assembly action, chances for peace in the Middle East are slimmer for the resolution calls into question Israel's very existence, something that must be non-negotiable. There is plenty of room for differing opinions about a just solution for the Mideast crisis and for the Palestinians' just demands for self-determination, but no one in his right mind can -- or ought to -- expect Israel's Jews to throw away their hard-won independence and statehood.

November 10, then, is a day that will live in infamy, a day that saw the evil of anti-Semitism raise its ugly flag in the very body most of the world's people look to for leadership and for righteous pursuit of justice.

If you buy artichokes, look for plump globular ones that are heavy in relation to the size.

Health Views

YOUTH IS A FEELING...NOT AN AGE

How old are you? Not in years, but in spirit?

The late comedian, Ed Wynn, in his later years had a formula for staying young. He said that instead of worrying about his actual age and feeling old, he picked some important event in his life and figured his age from that point. In his particular case, the event was his marriage. Therefore, he quoted his age 20 to 30 years younger . . . and felt the same.

Youth is a feeling, not an age! There are youthful oldsters and old youngsters. So chronological age in itself means nothing.

Whether you are 8 or 80, if you want to stay youthful, your doctor of chiropractic makes the following suggestions:

(1) Keep busy. Too much leisure causes the mind to stagnate and the body to deteriorate.

(2) Have hobbies. Select activities that give you a complete diversion from your regular work.

(3) Maintain friendships. Everyone has a need for the companionship and respect of friends.

(4) Set goals and have ambitions. You are never too old nor too young to plan.

(5) Eat regular, well-balanced meals. Do not overeat. Likewise, avoid crash or fad diets.

(6) Allow yourself "think"time. Don't put yourself on so tight a schedule that you do not have time for yourself.

(7) Keep physically fit. Establish a regular program of moderate exercise.

(8) Maintain good posture. Keep your chest out, stomach in, back straight, and chin up.

(9) Get regular health examinations. Practice preventive care.

Your doctor of chiropractic reminds you that life is precious and well worth preserving. Retain that spirit of youth by maintaining good health.

An excellent documentary film has been recently produced, which gives a comprehensive and in-depth look at senior life in America. Titled "Use it In Good Health, Charlie," it is available for showing to groups and organizations without charge. For information on how you can arrange to have the film for your organization's program, contact the Public Affairs Department of the American Chiropractic Association, 2200 Grand Avenue, Des Moines, Iowa 50312.

Medicare Pays $5 Million A Week for Kidney Care

Medicare is now paying $5 million a week for health care expenses of about 23,000 people who have kidney disease, according to social security officials here.

Medicare health insurance is available to workers insured under social security, or their dependents, who have permanent kidney failure.

Medicare coverage begins the 4th month after renal dialysis (artificial kidney treatment) starts. "The coverage lasts for 12 months after dialysis ends or the patient has a successful kidney transplant," a spokesman said.

Medicare also helps pay for a wide variety of the health care expenses of people 65 and over and disabled people of any age who have been entitled to social security disability payments for 24 consecutive months or more.

The program is administered by the Social Security Administration, an agency of the U.S. Department of Health, Education, and Welfare.

"You can get information about Medicare by calling or writing any social security office," the spokesman said.

questions and answers

SOCIAL SECURITY 987-65-4320

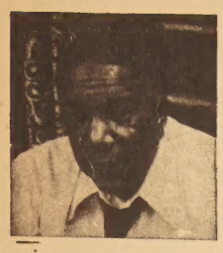
Q. I know that my social security retirement benefits may be reduced if my income for the year is over $2,520. But do I have to count all income I have in figuring the total amount for the year?

A. You must count earnings from work of any kind—whether or not the work is covered by social security—except tips amounting to less than $20 in a month from one employer. Total wages, not just take-home pay, and all net self-employment earnings must be added together. However, you do not have to count income from savings, investments, pensions, insurance, or royalties. This income does not affect your social security checks.

Q. I belong to a local club that provides a variety of services to the elderly in our community. Recently, a lady asked where she could get information about deficiencies in health facilities in our area. I didn't know. Is such information available anywhere?

A. Social security offices keep a survey report on health facilities that provide Medicare services in their area. The report, called "Statement of Deficiencies and Plan of Correction," lists deficiencies and the facility's plan for correcting them. Information from the report cannot be given over the phone, but people can inspect the report at the social security office in the area where the facility is located.

FOOD PSYCHOLOGY
DON'T TRY TO HOLD YOUR CHILDREN BACK FROM GROWING UP. SOMEDAY THEY WILL HAVE TO BE INDEPENDENT, AND IT'S UP TO YOU TO PREPARE THEM FOR IT. DON'T CLING TO THEM OR ALLOW THEM TO CLING TO YOU, OR YOU MAY END UP WITH SOME SPOILED AND IMMATURE CHILDREN ON YOUR HANDS.
ONE WAY TO ENCOURAGE INDEPENDENCE IS TO LET THEM DO THINGS FOR THEMSELVES. FOR INSTANCE, YOU DON'T HAVE TO BRING YOUNGSTER A DRINK EVERY TIME HE'S THIRSTY, ESPECIALLY SINCE EVEN A PRE-TEEN FINDS IT EASY TO USE TAP WATER AND INSTANT TEA TO MAKE HIMSELF A REFRESHING BEVERAGE.



. . . DOWN TO BUSINESS

DR. BERKELEY G. BURRELL
President, National Business League

America — The Time Is Now —

To rehearse the impact that inflationary, recessionary and energy crises of recent months have had on minority enterprise seems a particularly gloomy exercise. In too many instances the facts are more apparent than many care to admit. It seems that our time is better spent examining the economy *ahead*, and determining where and how Black America must proceed in light of that examination.

History has borne out one prevailing truth and that is — business and government cannot build repressive and protective devices to control or punish minorities desperately seeking equality, without at the same time plunging our free enterprise system into a death struggling gutter surrounded by armed forces where customers can't get in and the businessman can't get out.

The twentieth century war against economic inequality is now in its virulent stage. At the same time, the year 2000 — the turn of the century — is fewer than 9,000 days away. In the weeks between now and then, we will be put to a severe test of our resiliency, resourcefulness, creativity and strength.

You will have more changes to make, more major issues to confront, more problems to solve, more demands to meet than in any comparable period in this nation's history.

Rest assured, we cannot afford to spend idle hours "navel-gazing" while the tide of events sweeps over and beyond us. We must use time as a tool, not as a couch. We must assault every battlefront with vengeance and conviction.

One of our most immediate battles will be waged in the labor market, where the list of fatalities and casualties has become mind-boggling. Nearly nine million Americans have already been displaced. An estimated eight per cent of those working are currently under-employed, or more accurately, working in positions far below the level of their academic training.

According to the U.S. Department of Labor, the prognosis for the future is equally discouraging. The Bureau of Labor Statistics estimates that by 1980, just five years from now, there will be a surplus of 140,000 college graduates each year. Between 1962 and 1985, there will be more than 18 million high-status jobs available. Unfortunately, as many as 22 million college graduates will be competing for those jobs. Thus, by 1985, there may be as many as 2.5 college graduates competing for every available professional job in the labor market. Compounding that crisis is the estimation of an influx of 120,000 trained professionals immigrating to America annually, who will increase that level of competition.

Against these projections, students and graduates around the nation are necessarily reassessing the fundamental purpose of education, and its relationship to economic development. Many are already convinced that education can no longer be considered an economic investment, or an instrument which serves the economy or the economic needs of students. For them education is no automatic formula for economic escalation. And their beliefs or fears are gradually being documented by empirical data.

What must we do? Black graduates who will assist in the structuring of our race in the future, must be determined and committed to suffer no longer. They can no longer be content to watch their white counterparts, with comparable academic achievements, go out and acquire ownership or control of large multi-national corporations in which blacks are expected to work.

Secondly, we must charge our political representatives on the local, state, and national levels with the duty and responsibility to nudge the "free enterprise system" when it fails to provide adequate benefits for the "have-nots" and the disadvantaged segments of our nation. Hold them *accountable* and *responsible*

At the same time we must charge our system itself with criminal neglect, and overt as well as covert inaction in allowing our cities to fall into halters of decay and despair.

Most importantly, we must demand our rightful place among those who hold full citizenship in this democratic system. We must end the disparity between the economic systems of white America and black America — and we will do this in the context of parity.

Between now and the beginning of the next millennium, we must make sure that our posterity can find an affirmative value in our record of service. And we will succeed; not because we champion justice — justice has been suppressed before. We will succeed because unity of effort and purpose form an invincible bond.

Why parity? Because the federal government has passed the buck on Black America for the last time. Because, ninety-five per cent of the wealth in this country is held by five per cent of its families. Why parity for the people? Because black Americans represent thirteen per cent of the population yet collectively account for a meagre seven per cent of the total money income. Why parity for the minority business sector? Because minorities represent seventeen per cent of the U.S. population, yet they own only four per cent of the more than twelve million business enterprises in America, and account for only seven-tenths of one per cent of the total business receipts.

That is why the National Business League, on the eve of the *bicentennial* celebration of this nation's birth, is demanding the parity share of everything that moves in this country. Parity says that as a population. we comprise 17 per cent of the whole and should realize profits and earning returns at that same rate. At is current rate of growth, majority America will gross $5 trillion in business receipts in the year 2000. Our share of that fighure is $950 billion — and by right it is our to earn.

To get there we must be involved in multi-billion projects, all which require high equity investment — not small business loans. Every opportunity must be transformed into a strategy of action. We must not wait until the plan is complete, we must get in on the ground floor. As the government plans its massive money give-aways, we must secure our position in line with our goals. All efforts must point toward parity and the revitalization of our centers of commerce.

Black America's first piece of the action could very well come from the government's plans to retore the nation's bankrupt railway system. The fact is that the Fed proposes to expend billions of public dollars in subsidies to the majority business sector as they revitalize the bankrupt railway sustems while they ignore minority economic capabilities for that project. We cannot allow this to happen because the money they spend will not be white money or corporate America's money — but it's the taxpayers' money. We must put this country on notice that the rank and file of big business will not stand alone in America's newest welfare line.

But the railroads are but a small portion of what we must be about in the days and years ahead. The challenges we face are far too great, and the time far too short for us to delude ourselves into believing that our problems will be solved through rhetoric or misguided individualism. Only through unity for economic parity will we make this sick country — this malady-stricken America — understand that the time is now for us all to ***get down to business.***

THE BLACK PRESS —
OUR FREEDOM DEPENDS ON IT!

T.C.C. Activities

BASKETBALL COACHES CLINIC

A recreational basketball coaches clinic will be held at Tacoma Community College Saturday, December 13, from 9 a.m. to 1 p.m. in the gym.

The session is open to recreational men and women coaches of all levels.

Don Moseid, coach of the TCC Titans, will conduct the program sponsored by the Metropolitan Park District, Pierce County Parks and the college physical education department.

Material to be covered includes: conditioning, fundamentals and strategy, games rules, philosophy of coaching and treatment of injuries.

Fee is $2.50. Registration is at 8:30 a.m., December 13 in the gym.

WORKSHOP ON SMALL BUSINESS ADMINISTRATION

A one-day workshop for people interested in running small businesses will be conducted by the Small Business Administration in cooperation with Tacoma Community College on Friday, December 12, in TCC's Building 12, Poom 1.

Sessions will run from 9 a.m. to 3:45 p.m. The program is free.

The morning program includes a presentation by William P. Morgan, Small Business Administration, and a talk by CPA Charles F. Perry, on financial planning.

Robert Palen, owner of Eggs, Inc., will explain business management and Gussie Schaeffer of the Tacoma Public Library will discuss business information sources.

Attorney Bradford M. Gierke and Barry Caldwell, U.S. Internal Revenue Service, will be featured after lunch. Don Rankin, Washington State Department of Revenue, will also speak, and Morgan will talk about loan presentation.

Additional details may be obtained by calling TCC's Office of Occupational Education at 756-5024.

Planning to Get a Holiday Job?

Students, housewives, and other people planning to get holiday jobs should apply soon for a social security number if they don't have one, according to social security officials here.

"Applications from people who don't recall having had a social security number before generally are screened against central files in Baltimore to make sure a second number isn't issued to the same person," a spokesman said.

"Screening takes time," he said, " so you should apply for your number at least several weeks before you need it for a job covered by social security."

People can get information about applying for a number by calling or writing any social security office. More than nine out of ten jobs are covered by social security.

A worker builds retirement, disability, survivors, and Medicare protection by work and earnings credited to his social security number. "Your social security number is yours alone and remains the same for life," the spokesman said. "When you get a job covered by social security, be sure your employer copies your name and number correctly from your social security card to his records."

People applying for a social security number for the first time may be asked to prove their age, identity, and citizenship, according to the spokesman.

"If you've lost your social security card," he said, "you can get a duplicate by contacting any social security office. You can get a duplicate faster if you can show the people there the stub that came with your original social security card."

Letter of Historical Interest

Dear Sir:

I should like to call to your attention a fascinating story in American Bicentennial history, which I researched while preparing a paper for the Queens College Committee in New York. I am including a program of our History Day which lists my name. I also have a Certificate of Merit to show for my research on BLACK HISTORY IN QUEENS COUNTY.

Unfortunately, I left my notes behind when we moved to Seattle, two months ago. However, I can outline the historical facts of an assassination attempt on the life of George Washington, which was thwarted by a beautiful Black girl, PRETTY PHOEBE, daughter of Samuel Fraunces, of Revolutionary fame. When Washington was fighting the battle of Long Island, he set up headquarters at Richmond Hill, now part of both Brooklyn and Queens. His housekeeper, here, was Phoebe, daughter of BLACK SAM, who owned Fraunces Tavern, where the SONS OF LIBERTY met and where Washington would eventually bid his generals a fond farewell, after the War for Independence had been won.

Residing at the Richmond Hill mansion were members of Washington's staff, among them a double agent, who had been planted there by General Howe, with orders to kill America's foremost leader. The credentials of this handsome, young man as a soldier of the Revolution seemed impeccable; his courage in action remarkable. But the Achilles' heel of this spy was a passion he developed for PRETTY PHOEBE. Eventually, he confided to her his plans to murder Washington, and asked her cooperation in poisoning a pot of peas which would be served to the general. Phoebe agreed, and then warned Washington of the plan. When the peas were put in front of him, at a signal from Phoebe, the general tossed them out of the window to chickens roaming the backyard. Immediately on eating the peas, the hens fell dead. The young double-agent was seized, imprisoned, tried and hanged. Phoebe and her father went on to become Washington's housekeepers in New York after his election as our first President. Samuel Fraunces moved on with Washington to Philadelphia when that city succeeded New York as the nation's capital.

In doing my research, I found a great deal of controversy over whether or not Samuel Fraunces was really a Black man. The Sons of the Revolution who now conduct a historical museum at Fraunces Tavern, Broad and Pearl Streets in New York, point to Fraunces' large picture on their wall and say, "NO". The New York Geneological Society has letters from Fraunces' descendants, now living in Virginia, which deny any such background. However, several sources at the New York Historical Museum, definitely describe Samuel Fraunces as a Creole. Spike Harris' NEGRO GUIDE TO NEW YORK CITY, names Fraunces as a Black man, who had emigrated from the West Indies. Above all, Philip Freneau, POET OF THE REVOLUTION wrote lines to honor Fraunces. The Sons of Liberty met regularly at his tavern. It was from here they issued their call for the First Congress of the Colonies. It was from Fraunces Tavern that New York's Tea Party started out for enemy ships in the harbor. So, wrote Freneau, the British fired a barrage of cannon balls into the roof of BLACK SAM.

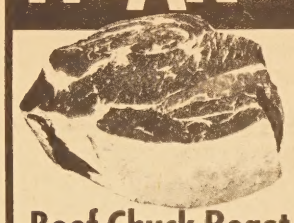
If you are interested in publishing any of these facts as a Bicentennial Highlight, I should be pleased to let you use them under my name. I'd also appreciate having a copy of any such publication.

Respectfully,
Ida Altman

A BIRD GOT INTO a department store in the Chicago area, built a nest in a plastic tree on the third floor and raised a family of baby birds. It must be true—we read it in the Chicago Tribune which confesses to being the World's Greatest Newspaper.

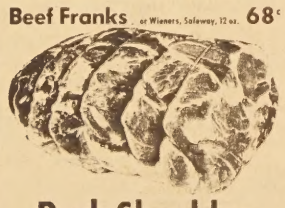
FRESH!
SUPER SAVER Large AA Eggs Lucerne Doz. 70¢
SAVE 14¢ NEW ENGLAND Clam Chowder SUPER SAVER Snow's 15 oz. 43¢
SAVE 16¢ Lady Elberta FREESTONE SLICED PEACHES Freestone Peaches SUPER SAVER Lady Elberta 29 oz. 55¢
SAVE 14¢ SNOW STAR Ice Cream SUPER SAVER Favorite! ½ Gal. 85¢
SAVE 36¢ NESTLE'S SEMI-SWEET CHOCOLATE Nestle's Morsels SUPER SAVER Semi-Sweet 12 oz. 89¢
SAVE 18¢ Coronet Ultra IV Bathroom Tissue SUPER SAVER Coronet Ultra IV 4's 59¢
SAVE 20¢ 32 oz. TOMATO CATSUP Del Monte Catsup SUPER SAVER Tomato 32 oz. 69¢
SAVE 14¢ Peanut Butter SUPER SAVER Real Roast 6.87-lb. $3.59

HEARTY FOODS FOR BRISK DAYS



Beef Chuck Roast Boneless U.S.D.A. Choice lb. $1.09

Whole Fryers Arkansas Grown, lb. 49¢
Whole Fryers Washington Grown, lb. 59¢
Beef Chuck Steak Boneless Choice, lb. $1.09
Beef Rib Roast Choice Large End, lb. $1.89
Beef Stew Meat Lean Cubes, lb. $1.39
Beef Franks or Wieners, Safeway, 12 oz. 68¢



Pork Shoulder Butt Boneless lb. $1.19

Cut-Up Fryers Arkansas Grown, lb. 59¢
Whole Hog Sausage Safeway, lb. $1.39
Pork Blade Steaks lb. $1.29
Bacon, Sliced (2-lbs. '2.77) Smok-A-Roma, 1-lb. $1.39
Beef Liver Sliced lb. 49¢

Lean Ground Beef Ground Fresh Daily lb. 88¢

Fresh Ocean Crabs lb. $1.29
Salmon Fillets lb. $2.98
Fish Cakes Captain's Choice, 12 oz. 59¢

Delicatessen

Thuringer Chubs Double Smoked Armours 20 oz. $2.49
Lascco Wine Snacks 12 oz. $1.69
Smoked Sausage Oscar Mayer, 12 oz. $1.59
German Sausage German Boy, 10 oz. $1.35
Cold Cuts Safeway Spiced Cross Pimento or Bologna, 6 oz. 55¢

Liver Sausage Safeway lb. 79¢

Lucerne Cream Cheese 8 oz. 39¢
Mild Cheddar Safeway 12 oz. $1.17
Sharp Cheddar Safeway 12 oz. $1.39
Colby Cheese Safeway 12 oz. $1.17
Sharp Cheddar Lake To Lake 8 oz. $1.09

CRANBERRY JUICE Cocktail Town House, 32 oz. 53¢
EMPRESS CONCORD Grape Juice 40 oz. 99¢
Sunsweet Prune Juice 40 oz. 76¢
JUICE PACK Pineapple Del Monte 15.25 oz. 39¢

SAVE 47¢ on 3 KRAFT Marshmallows Kraft Miniatures 3 10.5 oz. $1

SAVE 10¢ Lucerne Low Fat Yogurt STRAWBERRY SUPER SAVER SUNDAE STYLE Yogurt Lucerne 2-lb. 59¢

Seedless Raisins Town House, 2 lb. $1.39
Sardines in Oil Beach Cliff 3 3.75 oz. $1
Whole Tomatoes Hunt's, 14.5 oz. 35¢
DEL MONTE Fruit Cocktail 17 oz. 39¢
DEL MONTE Cling Peaches 29 oz. 55¢

Del Monte EARLY GARDEN Peas 17 oz. 39¢
Whole Green Beans Del Monte, 16 oz. 43¢
DEL MONTE Green Beans Seasoned, 16 oz. 31¢
Del Monte Lima Beans 17 oz. 53¢
Del Monte Spinach 15 oz. 33¢

Clam Chowder Snow's Manhattan Style 3 15 oz. $1
Ovenjoy Saltines 1-lb. 39¢
Preserves Apricot or Strawberry Empress (Grape, 49¢), 10 oz. 55¢
Grape Jelly (Red, Currant 65¢) Empress, 10 oz. 49¢

Tuna Helpers 6 oz. 63¢
DEL MONTE Tomato Sauce 3 15 oz. $1
Hunt's Tomato Sauce 29 oz. 65¢
Hunt's Tomato Paste 4 6 oz. $1

Lucerne Egg Nog (Qt. 69¢) Half Gal. $1.25
SAFFOLA CUBE Margarine (Soft, lb. 71¢), lb. 61¢
Chiffon Soft Margarine, Two 8-oz. 69¢
Nucoa Margarine Cubes, lb. 56¢
Cube Margarine Mrs. Filbert's 1-lb. 53¢

DEL MONTE Zucchini Squash 16 oz. 43¢
TOWN HOUSE Pork & Beans (16 oz. 32¢), 30 oz. 59¢
French Dressing Nu Made, 16 oz. 93¢
1000 Island Dress. or Italian Nu Made, 16 oz. 89¢
Libby WHOLE SECTION Grapefruit 16 oz. 49¢

Long Grain Rice Mild, 28 oz. 75¢
BETTY CROCKER Pancake Mix Complete 26 oz. 65¢
Ry-Krisp (8 oz. 55¢), 11.5 oz. 65¢
PIEDMONT Mayonnaise Qt. 99¢

LOW PRICE Salad Dressing Piedmont Qt. 88¢

SAVE 6¢ Chip Dip Nalley's Bacon & Onion, Clam, Garlic, French Onion 8 Oz. 53¢

Cragmont FRUIT FLAVOR Drinks 46 oz. 45¢
BUSY BAKER Snack Crackers 8 oz. 49¢
Nestle's BUTTER-SCOTCH Morsels 12 oz. $1.19
Nestle's Hot Cocoa Mix, 1.5 lb. $1.79
Nestle's Choc. Quik 16 oz. $1.09

Ovaltine 12 oz. $1.29
BLUE MTN. Beef Chunks or Horsemeat Pet Food 3 14.5 oz. $1
Rice Chex Ralston (Corn 16 oz. 81¢) (8 oz. 55¢) 12 oz. 70¢
Wheat Chex Ralston (15 oz. 61¢), 22 oz. 85¢
Mazola NO STICK Spray 9 oz. 99¢

Safeguard Bath Bar 3 oz. 33¢
Biz Laundry Pre-Soak 38 oz. $1.89
Downy Softener For Fabrics 64 oz. $1.99
Spic & Span Cleaner 54 oz. $1.36
Cascade Dish Detergent 65 oz. $1.89
Safeway Aspirin BRC 93 100 ct. 67¢
Head & Shoulders BRC 1.42 Shampoo, Lotion or Concentrate 7 oz. $1.59
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Mann's Bits and Pieces

By Dave Mann
Sports Editor

ITEM.....Last week Heavyweight Champion Muhammad Ali was watching TV from his hotel room in New York and was apparently touched when he heard on the news that a center serving 54 handicapped elderly people in the Washington Heights section of Manhattan was being forced to shut down due to lack of funds. A couple of days later without the papers and TV stations' knowledge and without any fanfare, the Champion bare-headed and dressed in a black raincoat, drove up to the front door of the center with friends where he was greeted by a surprised Maria Brown, the center's director, and offered the center $150 thousand dollars to continue to help the elderly and to keep their doors open.

Seattle University Chieftains' sophomore, Keith Harrell has been sidelined with a combination of ailments including a bout with the flu, bursitis, and pneumonia.

Sonics Coach Bill Russell thinks the New York Knicks' trouble lies in the absence of a good center, and not in the acquisition of Spencer Haywood.

Marv Harshman's Huskies are off and running, winning their 4th straight over the weekend.

Congratulations are in order for PAC-8 Freshman Coach Don James. He and Dick Vermeil, coach of the Rose Bowl-bound UCLA Bruins have both been named "Co-Coach of the Year" in the Pacific-8 Conference.

PURELY PERSONAL.....It sure would be nice to see our city represented in the Super Bowl, with the colors of Franklin High School carried up and down the gridiron by its talented grad of '69, Terry Metcalf.

The Seattle University Chieftains finally won their first game of the season as they out-shot and out-rebounded their arch rival, Gonzaga, 77-65. at the Center Arena.

Ear Care for Dogs and Cats

Dog and cat ears are very sensitive; in fact, many pets resist having their ears touched at all. Normally, however, if you speak in a calm, reassuring voice, your pet will accept ear cleaning as part of its normal grooming routine.

Never poke or probe at your pet's ears, and never wash the ears out with soap and water. Instead, apply a small amount of baby oil or perioxide on cotton and wpie only as far as you can without stretching the tissue. Long-haired and floppy-eared dogs will need more attention more frequently, because there is little air circulating in their ears.

If the surface of your pet's ears appears dry, you might wipe it gently with a mild ointment to lubricate slightly. If the surface seems too moist, a dusting with boric acid powder might be helpful. But you should go no further. If either condition persists, further treatment is a matter for your veterinarian.

If you suspect that your pet has any kind of ear trouble, the best thing to do is leave the ear alone and call your veterinarian. Many overanxious owners probe too far into their pet's ears and may permanently damage the ear canal.

Some of the more obvious symptoms indicate infection: black caking around the canal just inside the ear; frequent shaking of the head and pawing at the ear; holding the head at a strange angle so that you think your pet has lost its wits; a strong odor coming from the ear; or heavy waxy material and matted hair on the surface of the ear. Do not use medications or insecticides that might be around the house.

Sometimes ear ailments are caused by nothing more than an insect bite, a minor ulceration or a small pimple. But even these minor inflamations can upset your dog or cat. Your pet can become quite annoyed and irritate the ear until both of you become frantic and the situation worsens.

Hematomas -- a swelling that contains blood -- sometimes occur in the middle of the skin or the ear flap. They may result from a sharp blow which ruptures the blood vessels in the ear, or by your pet's scratching and shaking his ear as a result of ear inflammation or an infection.

Occasionally, dogs suffer from otitis media, an inflammation of the middle ear. This condition comes from an infection of the external ear passage or the nasal passage by way of the Eustachian tube -- the tube connecting the middle ear with the upper part of the throat. Common symptoms are pain, fever, ear discharge and possible loss of balance.

Often chronic ear irritations are caused by mites that settle in the ear. Symptoms of this infection are the same as for other ear infections. Prompt attention to mites can give your pet relief from misery.

Your pet can also be irritated by something as simple as too much wax in the ear. It is best, regardless of all the home remedies you may read, to have your veterinarian take a look. If there is an accumulation of wax in the ear, you may cause serious damage by attempting to dislodge it.

Remember that at the first sign of ear discomfort, you should take your pet to the veterinarian. He will know how to treat the various ear problems your dog or cat might have. And he can demonstrate proper ear care for your pet so you can avoid future problems.

What's At Stake?

By Calvin Hightower

IS BLACK POWER A MYTH?

Among Black people there has always existed the hope that someday we as a people would gain enough power within the American system to help insure and control some of our destiny rather than have it dictated to us by someone else. As America nears its Bi-Centennial birthday, one would have to seriously question how far Blacks have advanced within the country's power structure. And further, how are we as a race using the power we have managed to gain so far? Are we using our Black power to help those Blacks who remain hopelessly outside the system? Or, are the Blacks who are in power isolated from the general population of their race?

There is a tendency for some Blacks in power to remove themselves from the Black prospective once they have reached certain positions of power. The reason that this happens has many answers depending on how you, as an individual perceive the situation. But, there are two general answers to the question. First, Blacks, like any other human being, tend to consider themselves first rather than their people as a whole. Material possessions and the fear of losing the power they have gained become a conflict with helping their people. Second, are there any areas where Blacks control enough power to have a real affect on what happens to other Blacks, or is the power so fragmented that it is use less - Tokenism of no real consequence?

A prime example of the latter could be drawn from what is happening to Joe Brazil, a music professor at the University of Washington. Mr. Brazil teaches a course on the history of jazz. Apparently, the University feels Mr. Brazil or his course are of no consequence or use. Therefore, Mr. Brazil's tenure at the University of Washington will no longer be needed for the upcoming year.

The question is, aren't there enough Blacks in power at the University to assist Joe Brazil in remaining there? (Providing, he has a valid argument to remain). If the Black power is there to assist Mr. Brazil and he does not receive assistance, then the theory of self-preservation and self-interest is a valid one. Self-preservation in terms of Blacks helping other Blacks becomes a question not only at the University of Washington but the rest of Seattle and the entire nation.

Will Blacks as a people ever be able to form a power base that will enable them to achieve control of some of their destiny? Or, is Black power a myth never to be realized?

Speaking of Awards

by Dave Mann

Al Burleson, defensive back ace of the Washington Huskies, may not ever in his lifetime reap the harvest of accolades bestowed upon him last Thursday afternoon at the annual 101 Club Awards Dinner.

This notable affair is held once each year after the football season at the downtown Washington Athletic Club. Its purpose is to bestow superlatives and trophies upon the worthwhile thletes of Washington.

As he has done all season long on the g. iiron, Burleson intercepted most of the hardware being given away. M t of the distinctions awarded him were "Player of the Year for the Huskie ', "Most Improved Player", a part of the "Captain's Award" along with fellow recipients Ray Phinney, Dan Lloyd, and John Whitaker. Burleson also received three separate awards for outstanding individual play in three different PAC-8 games.

Also receiving awards last Thursday was a promising freshman quarterback from Hawaii named Duane Akina. Akina received the 'Mark Brennan Memorial Award.

The outstanding freshman award went to a young man from across the floating bridge in Bellevue named John Edwards. He received the 'Brian Walker Stapp Award'.

Sports Record Book
by Brian Jaybush

Down Memory Lane

If things go well, today, Wednesday, December 10, 1975, will mark Seattle's re-entry to the world of Major League Baseball. Well, that is, for everyone except Bill Veeck, the man trying to buy the Chicago White Sox and keep them in Chicago. Because if his bid was rejected by the American League owners, chances are 99 in 100 that the White Sox will be the Seattle Somethings next year, the second tenant in Seattle's Kingdome.

But no matter what happened at the American League meeting today, I feel in the mood for a little nostalgia. So come with me back to the ancient past--1969--when something called the Seattle Pilots played baseball in something called Sicks Stadium....

Along with the Kansas City Royals, the Pilots came into the AL in that year, 1969. The entry of the two new teams swelled the league to its present size, 12 teams. Of those 12 teams, 10 were better than the Pilots. Seattle won 64 games; the only AL team to win less was Cleveland, which won only 62. (But it was a close fight at the end of the season to see which would be the worst.) Seattle finished last in the Western Division, right behind--you'll never guess--the Chicago White Sox, who won all of 68 games that year.

Seattle won only one season series; that is, beat a team more times than they lost. The unhappy victim was Washington--D.C., that is. An interesting coincidence, that, not only in the name similarity, Seattle being located in the State of Washington and all, but also the fact that Washington, D.C. is also currently on the lookout for a major league baseball team. Their Senators were carted off lock, stock and filibuster to Texas a couple of years after the Pilots left Seattleites crying in their beer by absconding to Milwaukee. So Seattle and Washington D.C. are sort of bedfellows in baseball woe.

Some names spring to memory, too. Who was the best pitcher on the Pilot roster, for instance? Well, Bob Locker had the best e.r.a., 2.96; Gene Brabender won the most games, 13 (they didn't call him Lucky Gene for nothing); Jim Bouton hadn't found his writing talent yet, but won two games with a 3.62 e.r.a. But the best pitcher was probably the fellow who has named Most Valuable Player for the whole team that year, Diego Segui: he won 12 games, saved a whole bunch more, and had a respectable 3.36 e.r.a.

(There was also a young fellow on the Pilot roster for part of the year named Mike Marshall. Seattle manager Joe Schultz wasn't too taken with Marshall's pitching. He was only around to throw in 20 games, winning three and losing 10, before being shipped off to Seattle's farm club in Vancouver, B.C. Ah, the wisdom of the Pilots. That is the same Mike Marshall who almost single-armedly took the L.A. Dodgers to the World Series two seasons ago.)

Sluggers? Remember Gus Gil? Greg Goossen? Ray Oyler, the slugger with the .165 batting average? How about Mike Hegan, or Don Mincher? Minch was Seattle's homerun king; he blasted 25 of 'em out of the park. Gary McNertney, the Pilot's rugged catcher? And who can forget Tailwind Tommy Harper, the one Pilot to really come close to national fame with 73 stolen bases that year? Tommy won the league title that year for stolen bases; in fact, the Seattle Pilots as a team won the league title for stolen bases, with 167. Well, you can't say the Pilots never won anything.

Ah, yes, nostalgia is fun. Remembering the good old days. Maybe next year, when we're all out at the Kingdome watching the Seattle Somethings, we can reminisce about the Seattle Pilots.

Or maybe we'll just reminisce about December 10, 1975, when we ALMOST had the Seattle Something. Tennis, Anyone?

The Wall Street West Report

by Abe Moore

With farm prices falling sharply, the government's wholesale price index was unchanged in November from the previous month, the Labor Department said. Last month's steady performance compared with October's substantial 1.8 percent increase when prices rose at an annual rate of 21.6 percent.

S.S. Kresge Company reported sales up 22.5 percent for the 5 weeks which ended November 26. F.W. Woolworth Company said sales for the 5 weeks ended November 25 were up 13.3 percent from 1974. Sears Roebuck reported sales up 6.6 percent for the 5 weeks ended November 29.

"Stocks, bonds and commodity markets in 1975 have been highly erratic. The roller coaster performance has produced a flood of tax-saving possibilities for the investor as we near the close of the old year," as reported in Financial World.

With the Dow Jones Industrial Average gyrating from a low of 578 on the low side to a high of 891 on the high side during the years 1974-75, many securities have recovered in price but many have not. Under these conditions it is prudent to check your portfolio for possible tax switches. Many brokerage firms have made lists of tax-switching possibilities at this point. Financial World printed a list of 50 stocks. The idea is to switch out of a security at a loss and into another that has better rpospects in the same industry.

For further information, please contact Foster & Marshall in Seattle, Washington at 205 Columbia, or call (206) 344-2452.

Letter to Editor

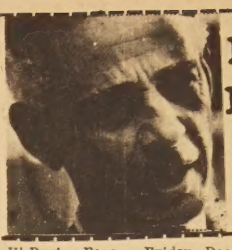
EDITOR'S NOTE: The letter below is a response to an article which CORE submitted to THE FACTS and which was printed last week. The article discussed Eldrige Cleaver's return to the United States.

To The Editor:

In reference to your article of last week concerning the return of Eldrige Cleaver: To me you sould anti-black. Anytime you down a man for trying to do what he thinks is right it sounds like you have a bunch of elderly white folks running your program. I can't believe Blacks would say anything like that. People like Eldrige Cleaver and Rap Brown gave us the guts to stand up and down the white man for what they were trying to do to us. The money that it cost for your paper to print that article downing the efforts of another brother could have been used to patch up a hole in someone's home to keep the roaches out instead of you trying to play the voice of the Blacks.

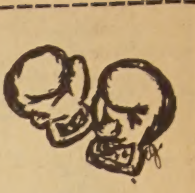
Plus, you ain't go no FACTS. You sould like Rona Barrett's gossip column.

Signed,
Robert Price



Ringside Northwest

by Joe West



Hi Boxing Fans -- Friday, December 5th and TOMMY HOWARD and I are packing to catch the big bird to St. Paul and his bout with PAT O'CONNER. This is a biggie for HOWARD and I'm sure that he will conduct himself in a professional manner. At the same time our little lightweight EDDIE RODGERS is preparing for his bout next Wednesday in Kennewick, Washington. The promoter over there wanted me to see a new fighter, JOHNNY RIVERIA, and to see if there were any chances for him to make it in boxing. There was only one way for me to know that and that was to let him fight EDDIE. If RIVERIA gets over EDDIE than in my opinion he has a good chance because I think that RODGERS is one of the best new fighters on the scene and will go on to better things.

Last week I told you about your trip to Canada and promised to give you the results of the two fights that we worked. First of all AL FORD lost a 12 round decision to JOHNNY SUMMERHAYS for the Canadian title. It was a close fight but as you know, when you fight for a title the challenger has to really go after it. In my opinion FORD was not aggressive enough. He was content to stay back and try to pick his man to pieces. This was not good enough so he lost a very close fight. In the other main bout TOMMY HOWARD knocked out TERRY SUMMERHAYS in the 9th round after a wild contest, but the winner was seen early in the fight as TOMMY was beating SUMMERHAYS in the body. I would say the fight was dead even up until the eighth round. Then the body shots started to take their roll. In the ninth round SUMMERHAYS showed much sense when HOWARD began to hit him and there were no return punches. SUMMERHAYS told the referee he had had enough and the fight was stopped in the middle of the round. The funny thing was the fact that HOWARD told me in the corner at the end of the seventh round that he would get SUMMERHAYS in the next round. That, my friends, is confidence and that is what you need, and that is what I have in my two men, HOWARD and RODGERS.

Let me welcome DAVE MANN to THE FACTS as Sports Editor. I'm sure he will get the job done. Let me finish packing here. Will let you know what happened in St. Paul next week. CI BON.

Job Hunting

By Chuck Hatten

Timing is important when trying to change job positions. How important is it you ask How important is breathing? Being at the right place, talking to the right person at the right time, is the key to finding a better opportunity. Of course you must have your credentials in order to secure the job. And having a positive, aggressive attitude can make the difference whether you will make a success or failure out of the opportunity. But timing is what it takes to get the job in the first place. Think about it. If the job that you have always wanted, and had the background to handle, was available in Bellevue in June of this year and you were just getting around to applying in December, isn't it logical that it would be filled?

Look into your future and see where you are going. Compare this to where you want to be, and make the proper adjustments. The average time that it takes to locate, apply and interview for "that" job that you want, is six months. That's right, six months. Of course there may be other opportunities available before then, but it won't be the position you want. Allow yourself at least this much time to secure another position. And remember that it is always better to be looking for a better position while you have a job rather than to be job hunting unemployed. The difference is the amount of pressure you have on you to find that job. When you are under pressure it shows in your interviewing techniques.

Planning your interview allows you to answer questions quickly and to the point. This shows the interviewer that you know what you're talking about. To sum up, there is no such thing as being over prepared when job hunting.

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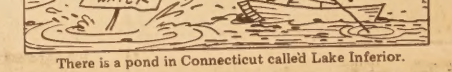

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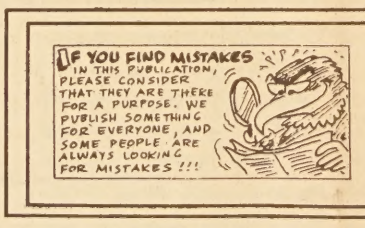
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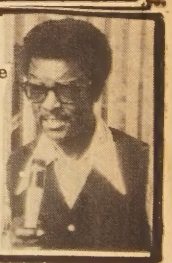

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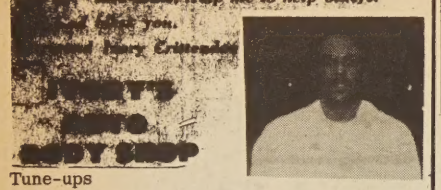

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Psychiatrist Teaches Self-Help Techniques In New Book

A system of emotional self-help that can be used by businessmen or women, housewives, students, almost anyone, is presented in the just-published book, HELP YOURSELF TO HAPPINESS, by Maxie D. Maultsby, Jr., M.D. (272 pp., $5.95 paper, $10.95 cloth, Herman Publishing, Inc., Boston 02116).

Dr. Maultsby, head of Psychiatry Out-Patient Services at the University of Kentucky Medical Center, has developed a simple system for use without outside help or drugs. Called 'Rational Self-Counseling' (which is also the book's sub-title), it is based on the most recent learning theories of behavioral scientists and Maultsby has found it effective in therapy sessions with patients.

Readers learn practical techniques for coping with such problems as anger, self-hate and inferiority feelings, chronic worry, physical handicaps, fear of rejection, and other irrational fears.

Hasseled mothers are shown ways to deal with their children or their own hang-ups about being parents.

Methods are offered for reducing or eliminating alcohol and drug dependency and there's a "rational drinking plan" for those who want to be social rather than problem drinkers.

This book is for those who don't have access to or can't afford professional guidance or whose problems aren't severe enough to require it.

Case histories illustrate how individuals have used the system to solve their particular problems.

In one case, a young housewife avoids divorce when rational self-counseling shows her it's her own feelings of worthlessness and inferiority rather than her husband's neglect that are making her unhappy.

In another, a 20-year old student, referred to Dr. Maultsby as a "possible suicide risk", learns to control irrational worry and fear of being alone through a technique called "emotive imagery" and a simple exercise routine.

The foreword was written by Albert Ellis, pioneer author of books on psychology and sex hang-ups and Executive Director of the Institute for Advanced Study in Rational Psychotherapy. He is also a board member of the Association for Rational Thinking (ART), the national, self-help organization founded by Dr. Maultsby. ART now has 22 active chapters in the U.S. and several foreign countries with more being formed.

In a recorded session of one ART group, transcribed verbatim, members help a woman overcome her fear of flying.

Dr. Maultsby's techniques have proven highly successful in such small group situations. He explains how they can be used in the classroom for various emotional problems such as exam anxiety, common depression, poor self-motivation, and romantic hang-ups.

At the University of Kentucky, Dr. Maultsby supervises instruction in these basic techniques to over 150 medical and graduate students each year. In addition, each month he and his staff conduct an intensive training course in rational behavior therapy for mental health professionals from all parts of the U.S. and Canada. He is author of three other books, co-author of a fourth, and has done a casette tape series on how to overcome irrational fears.

A Black himself, Dr. Maultsby is currently doing research on self-directed psychotherapy for Blacks, the treatment of alcoholics, and classroom approaches to improved mental health. A diplomate of the American Board of Psychiatry, he was formerly a general medical practicioner and a member of the U.S. Air Force Medical Corps. He has served as consultant to the Milwaukee Mental Health Association's program to train socio-economically deprived persons to be mental health workers and, to Chicago's "Project-75" for minority student counseling.

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WASH. STATE HIGHWAYS COMMISSION

DEPT. OF HIGHWAYS

DISTRICT #3
P. O. Box 327
OLYMPIA, WASHINGTON 98504

November, 19, 1975

Sealed bids will be received by the Washington State Highway Commission, at District #3, Department of Highways, Tumwater, Washington on Thursday December 18, 1975 until 3:00 P.M. and will then and there be opened and publicly read for the construction of the improvement listed below. This is a District Three Contract.

Bid proposals delivered in person will be received only at the Department of Highways Reception Desk located in the foyer of the District Office Building, 5720 Capitol Blvd., Tumwater, Washington.

Mailed proposals shall be addressed to Post Office Box 327, Olympia, Washington 98504.

Special prequalification will be required for those bidders not currently prequalified under standard prequalification. The Special Limited Questionnaire, included with each set of plans must be completed and furnished to the District Engineer, District 3, Department of Highways by no later than 12:00 Noon on December 11, 1975. Proposals will be mailed no later than December 12, 1975, to those who are prequalified.

This project is advertised in order to enable small businesses and minority contractors to effectively compete for Highway Department contracts.

Prequalification forms, maps, plans and specifications may be obtained from the District 3 office upon written request therefor and payment to the State Treasurer, Department of Highways, by cash, check or money order in the amount set forth below for each copy of such maps, plans and specifications.

Informational copies of maps, plans and specifications are on file in the Office of the County Engineer of the County in which the work is situated, the Chapter Offices of the Associated General Contractors of America in Seattle, Portland and Tacoma, the offices of the District Engineers of the Department of Highways, Districts 1, 3 and 4, and the offices of the Minority Contractor Associations in Tacoma and Seattle, where they may be inspected. Plans furnished for the plan fee are 12" x 18".

The improvement for which the bids will be received follows:

1. THE PLAN FEE FOR THIS PROJECT IS $4.00
(Estimate Range: $7,500 to $25,000.)

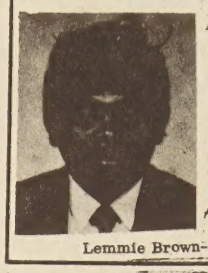
SR 101, M.P. 252.26, Morse Creek Vicinity - Horizontal Drains in Clallam County by installing approximately 2800 linear feet of 1½" diam. slotted PVC drain pipe, constructing approximately 300 cubic yards of ditch excavation and other work. L-4774

W.A. BULLEY
Director of Highways
By: M.A. SMITH, P.E.
Acting District Engineer

NOTICE:

Contractors and Businesses

MINORITY CONTRACTORS
PIERCE COUNTY ASSOCIATION
1036 So. Sprague 383-5053-54
Unity with assistance to small contractors and businessmen. Architect and other unique services available.



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- HAMBURGERS
- STEAKS
- CHICKEN
- SEA FOOD

1114 So. "K"

HELP WANTED

PLANNER

Requires: B.A. in Planning, Public Administration, or Business Administration or related field or equivalent; 2 yrs. exp. in grant writing and administration; exp. with budget preparation and human resources planning. Salary Range: $13,344 to 16,908. Apply to Metropolitan Development Council, 1016 So. 'L', Tacoma. Closes Friday, December 12 at 4:30 p.m.

Help Wanted

PROGRAM MANAGER FOR
ENERGY CONSERVATION PROJECT

Requires: 3 yrs. exp. in home construction/remodeling, heating/air conditioning or energy conservation OR B.A. or equiv. incl. study in architecture, civil or heating engineering, energy use/conservation or related field. PLUS 1 year exp. business or social services project management or administrative work. Salary: $11,076 - 13,344. Apply Metropolitan Development Council, 1016 South 'L', Tacoma. Closes Wednesday, December 12 at 4:30 p.m.

DEPARTMENT OF HOUSING AND URBAN DEVELOPEMENT (HUD)

SPECIAL OFFICIAL NOTICE TO REAL ESTATE BROKERS

HUD OWNED PROPERTIES AVAILABLE ON A "FIRST COME FIRST SERVED" BASIS

Attention is drawn to those following properties which have been previously listed for sale and are now available for immediate sale on a "first-come, first-served" basis. All purchase offers should be made through a licensed real estate broker of the purchaser's own choice. Purchasers should consult their real estate brokers for more complete details concerning the listed properties and for the proper procedures for submission of purchase offers. These procedures are also outlined in the monthly HUD Public Information Release, which is available to all approved brokers and the general public. Errors in these listings do not become official through publication. All data, including price, must agree with the files in the HUD Seattle office. Brokers may present purchase offers any time between 8:00 A.M. and 4:30 P.M., Monday through Friday to the Department of Housing and Urban Development, 500 Union Street, Seattle, Washington 98101.

REPAIRED AND PARTIALLY REPAIRED PROPERTIES

(NOTE: FHA-insured financing is available on the following listed properties, and any purchase offers must be submitted in accordance with outstanding instructions issued by the Department of Housing and Urban Development.)

LIST #	CASE #	LISTED	ADDRESS	MIN. PRICE	MAX. INS	RMS	BDRMS	BATH	BSMT	APPROX. LOT SIZE	APPROX. R.E. TAXES
			REPAIRED AND PARTIALLY REPAIRED HOMES-TACOMA								
145082			1525 Ridewood Ave.	16,000	15,500	4	2	1	0	50x140	300.
204903			1724-26 S. Sheridan (Duplex)	22,500	21,800	8	4	2	0	50x130	-
232996			2536 S. J St.	20,500	19,850	7	4	1 1/2	0	50x130	540.
			AS IS HOMES								
174307			3602 E. K St	5,500			60x110			300.	
			VACANT LOTS								
152920			2106 S. Hosmer	350.			-			-	

"ALL CASH - AS IS" HOMES AND VACANT LOTS

(NOTE: The following properties are only available on a strictly all cash, as is, buyer beware basis, and purchase offers must be submitted in accordance with outstanding instructions issued by the Department of Housing and Urban Development.)

AS IS HOMES

LIST #	ADDRESS	MIN. PRICE	APPROX. LOT SIZE	APPROX. R.E. TAXES
182643	3124 N. Huson	22,000	50x125	500.
174307	3602 E. K St.	5,500	60x110	300.

VACANT LOTS

LIST #	ADDRESS	MIN. PRICE	APPROX. LOT SIZE
151864	809 S. Warner St.	**200.	Irreg.
152920	2106 S. Hosmer	350.	-

ON ALL VACANT LOTS: PURCHASER ACKNOWLEDGES THAT TAXES MAY INCLUDE LAND AND PREVIOUS IMPROVEMENTS.

All offers must be submitted through the Real Estate Broker of your choice who will also have complete details and listings of additional properties available.

HUD PROPERTIES ARE OFFERED FOR SALE TO ANY QUALIFIED PURCHASER. Any person interested in buying a HUD-owned property should contact the real estate broker of his choice. Any real estate broker doing business with HUD-acquired property will sell any HUD-acquired property to prospective purchaser without regard to race, color, religion or national origin. Noncompliance is a basis for precluding the firm doing business with HUD. Interested brokers may obtain complete listings from

EQUAL HOUSING OPPORTUNITY

SEATTLE AREA OFFICE
Property Disposition Branch
DEPT. OF HOUSING & URBAN DEVELOPMENT
5th Floor Logan Bldg.
500 Union St. (5th & Union)
Seattle, Wash. 98101

The Gourmet Corner

Food Editor
Jocelyn C. Owens

THE HOLIDAY SEASON.....How sweet it is! Sweets and all sorts of delectable goodies have taken on a near-sinful connotation that anything delicious must surely be bad for you. We're delighted to say it isn't so. Apricots - often called the beauty fruit - are filled with nutrients needed in our diet every day. This fruit supplies large amounts of vitamin A, the one that maintains healthy skin and eyes.

Gifts from the kitchen come in all shapes, sizes and colors. Some are for serving the day you give them, others are for storing for Christmas.

APRICOT SNOWBALLS

2 cups uncooked cornflakes
1/3 cup pitted dates
2/3 cup dried apricots
1/3 cup pecans
1/4 cup honey
3 tblsp. butter
1 tsp. vanilla
granulated sugar
strips of dried apricots, red glace cherry halves.

Using a rolling pin, crush cornflakes between two sheets of waxed paper. Stir crushed cornflakes, dates, apricots and pecans until well mixed in a large bowl.

Melt honey and butter in small pan and blend in vanilla. Pour over cornflake mixture and mix thoroughly. Chill 30 minutes. Use 1 tblsp. of mixture to form each ball. Roll balls in sugar. Garnish each with a strip of apricot or cherry half. Chill until needed.

GINGERBREAD BOYS AND GIRLS

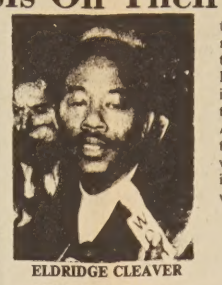
1 cup vegetable shortening
1 cup sugar
1 egg
1 tsp. cloves
decorating icing
1 cup light or dark molasses
4 cups flour
2 tsp. soda
1/2 tsp. salt
1 tblsp. ground ginger
1 tsp. cinnamon

In large mixing bowl cream shortening and sugar until fluffy. Beat in egg and molasses. Add flour, baking soda, salt and spices. Stir until stiff dough is formed. Refrigerate for 3 hours. Cut dough into 4 pieces. On a floured surface roll out dough to 1/4 inch thickness. Cut a girl and boy pattern from thin cardboard. Flour pattern and place on top of dough or use your own cookie cutters. Place cookies on a greased cookie sheet about 1 inch apart. Bake at 375 degrees for 5 to 6 minutes, until puffed and brown.

The turkeys we feast upon these days are related to those the Spaniards found when they invaded Mexico, not the wild variety roaming the Eastern seaboard that the Pilgrims ate.

Eldridge Cleaver Warns...

Black People Must Now Place Emphasis On Their Rights



ELDRIDGE CLEAVER

The late Rev. Martin Luther King Jr. was described as a "tragic man" but not a "hero" by Black Panther leader Eldridge Cleaver, who surrendered to U.S. authorities after seven years abroad.

In an interview to be published in the January issue of Oui Magazine, Cleaver also said he no longer believed that the U.S. is a "Babylon" that ought be "destroyed". Cleaver said it was his intention upon returning to the U.S. to come back only as an "armchair revolutionary."

Cleaver said he preferred the late Malcolm X's stand on "self defense" to Dr. King's position on "non-violence." He added: "I don't regard Malcom as a tragic figure; I regard Malcolm as a hero and a triumphant figure -- whereas Martin Luther King I regard as a tragic man. A good man. A man who made a gigantic contribution -- a gigantic moral contribution. He also made a gigantic political contribution but not of a kind that's still valuable as an example."

Cleaver continued: "The collapse of segregation in the South and in the North is due to the work of Martin Luther King. There is no doubt about it. His contribution was unique and second to none. But as for his philosophical contribution; here, I think, is where the tragedy comes in. Here was a man who was a Christian preacher in a time of mounting violence. These were his contradictions. You could say that what Martin Luther King offered was the best solution, the most reasonable solution, the most human solution. But it was also the most impossible solution, given the attitude of white America at the time and the fact that black people were fed up with accepting the situation as it was."

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in THE FACTS Newspapers Seattle Tacoma

One horsepower is equal to the raising of 33,000 pounds one foot in one minute.

A SUBURBANITE PUT on a last-minute spurt of speed to catch his train—but missed it. A bystander remarked, "If you had just run a little faster you would have made it."

"No," the suburbanite replied, "it wasn't a case of running faster, but of starting sooner."

Mistakes Not To Make

Increase your vacation fun by decreasing your chances of running into these travel troubles.

Setting out in the dark. Make your reservations in advance. The Holidex System enables you to make a reservation at any of the world's 1,700 Holiday Inns. Read up on the places you're going to go to.

Letting your vacation be shot. Doctors lament that parents who carefully inoculate their children, often neglect to protect themselves.

ON BOARD FOR NEW SEASON:...The human hosts and Muppets from "Sesame Street," the experimental TV show for preschoolers, launch their new season December 1. The 1975-76 series contains production and curriculum innovations that include the show's first outdoor-based programs and contributions to the nation's bicentennial. Gathering before Big Bird in his nest are, on front row from left: Luis (Emilio Delgado), with a girl named Heather and Muppet Betty Lou; Bert, Gordon (Roscoe Orman), Susan (Loretta Long) and Bob (Bob McGrath), who is surrounded by the Cookie Monster, Ernie, and a youngster named Spencer. Back row, from left: Maria (Sonia Manzano), David (Northern Calloway), Gover, Roosevelt Franklin, Oscar and Count von Count. Sesame Street, created by the Children's Television Workshop, is broadcast on member stations of the Public Broadcasting Service and several dozen commercial channels not covered by PBS.

Holiday Hints

HELPFUL IDEAS

When you're buying holiday gifts, a good choice is often crystal. Why? It's not only beautiful and enhances any table setting, but it often is highly versatile. Take a crystal vase, for example. It can double as a holder for breadsticks.

Stratton Aspen

The trend in barware today is a return to elegance. Double old-fashioned glasses in the deeply faceted Stratton and Aspen patterns by Fostoria Glass Company sparkle with color and ring with the clear sound of fine crystal.

A crystal salad bowl has many uses. It can be used as an ice tub or table centerpiece with floating flowers or colorful fruit. Crystal is a gift that's always appropriate because it lends itself to any and every decorating theme.

Tea Topics

By David and Eunice Bigelow

Who thinks of tea as only a woman's drink? Rough-riding Teddy Roosevelt loved mint tea. John Kennedy liked his tea extra-lemoney and President Garfield's special favorite was spiced tea. The R.C. Bigelow Company blends flavorful teas for men (and women!) of today. Constant Comment, the famous blend with orange and sweet spice, is America's most popular specialty tea. Or try the aromatic Lemon Lift, ready blended with natural lemon, or Plantation Mint, a minty tea that's as fresh and delicate as a spring breeze.

Social Security Account Book Is Free

People responsible for social security benefits paid to them on behalf of another person can get a helpful account book by calling or writing any social security office.

Single copies of *Social security representative payee account book* are free on request, according to social security officials here.

The 12-page book can be a useful record for representative payees who make periodic reports to social security, a spokesman noted. Representative payees get monthly benefits on behalf of over 1½ million people who can't handle their funds. "The account book is for recording income, including social security payments, and how the money is used," he said.

The English "vegetable marrow" is a squash to Americans.

VISIONS OF SUGAR PLUMS... FROM THE BRASS PLUM.

sweaters to shine in . . . stay warm in . . . do your own thing in . . . designed in a sleek, body-hugging way by organically grown. convertible collar embroidered flower pullover; rust or blue; s-m-l; 18.00. cap sleeve sparkly lurex vest; rust, blue or green; s-m-l; 11.00. long sleeve lurex skivvie; rust only; s-m-l; 14.00. the brass plum, downtown and suburban stores. downtown open evenings 'til 9:00, saturday 'til 6:00; suburban stores, except university open evenings 'til 9:30. all stores open sunday 11:00-6:00.

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